

## Join Us for Bike to Work Day, May 17



Frederick will once again host a Pit Stop on Bike to Work Day, Friday, May 17, 2013. Cyclists will ride out from Hood College at approximately 6:45 a.m., pick up riders from Fort Detrick on 7th Street near Lee Place, continue downtown to City Hall by 7:10 a.m. to pick up the Mayor and his cycling companions, then continue to the MARC Station/Transit Center where they will celebrate their efforts. Refreshments, prize drawings, and celebratory speakers will be featured at the Pit Stop/Transit Center.

Cycling to work, even if just once in a while, results in higher productivity, decreased stress levels, increased fitness levels, and fewer emissions polluting our environment. Please join us on May 17th as we Bike to Work! For more info and to register, visit [www.biketoworkmetrodc.org](http://www.biketoworkmetrodc.org) or call (301) 600-3543.

## fastNOTES

TransIT Services of Frederick County  
1040 Rocky Springs Road  
Frederick, MD 21702

Office Hours  
8 a.m. - 4 p.m., Monday - Friday  
Ph: (301) 600-2065  
Fax: (301) 600-3471  
Email: [transit@FrederickCountyMD.gov](mailto:transit@FrederickCountyMD.gov)  
[www.FrederickCountyMD.gov/transit](http://www.FrederickCountyMD.gov/transit)

## fastNOTES

Frederick Area Shared Transportation—Rideshare / Commuter Assistance Services



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### FREE “TeleWorkshop” Scheduled

The Employer Connections program of TransIT, in partnership with the Montgomery County Department of Transportation and the Metropolitan Washington Council of Governments, will hold a FREE workshop on **April 10, 2013 from 8:15-10 a.m.** providing business leaders with information about how to build on or launch a formal teleworking program. **National expert Elham Shirazi** will share her expertise and insight to address any questions and recent issues in the news. **Breakfast and time to network** with other human resources and business professionals will be included. **To register, send an e-mail to [tsfc@frederickcountymd.gov](mailto:tsfc@frederickcountymd.gov) or call (240) 397-6044.** If you're a commuter, please let your HR department know about this wonderful opportunity!

## Latest Census & American Community Survey (ACS) Data Reveal a Lot About Commuters

Bet you didn't realize that you, as a commuter, are quite fascinating to transportation planners and program managers, but it's true! Information from the latest Census and ACS data regarding commuter patterns and habits has finally been released, and the numbers don't lie. Our greater metro area is the worst in the Nation when it comes to long commute times, congested roadways, and unfinished road projects (due to budget shortfalls).

### Among the data:

- More than a fourth of all U.S. workers live in a different County than where they work
- Average one-way commute time is 25.5 minutes

- 8.1% of workers commute more than 60 minutes one-way; 2.5% have a one-way commute of 90 minutes or more
- More than 75% of workers drive to work alone
- Automobile commuting is down about 2% since 2000

If you're currently in a car or van pool, you are a trailblazer, among a growing number of people realizing that every little bit counts when gas prices are on the rise and roadways are more and more clogged with single-occupancy vehicles.

As a ride sharer, you are

realizing the following benefits, even if you only made the decision for one particular reason:

- **Reduced stress:** instead of driving every day, you can rest, read, or get a head start on your day's workload.
- **Safety:** you are creating safer roadways by assuring that fewer cars are sharing the roads.
- **Saving money:** You are saving on parking fees, gas costs, and vehicle maintenance, an average of \$864/year.
- **Breathe easier:** more carpools equal fewer toxic emissions.

Source: [www.census.gov](http://www.census.gov)





# Vanpool Openings

**Openings change frequently.** For the latest information, call TransIT’s Rideshare Coordinator at 301-600-RIDE or email [TransitRideShare@FrederickCountyMD.gov](mailto:TransitRideShare@FrederickCountyMD.gov)

## Washington, D.C.

Destination: **D.C.**  
Departing: Charles Town Staples 4:40 a.m.  
Stops at Smithsonian Metro 6 a.m.,  
L’Enfant 6:05. Return meets at USDA Arch  
(12th & Independ.) Drive off time is 3:40 p.m.  
Work Hours: 6:00 a.m. to 3:30 p.m.  
Contact: Ken Hill (202) 720-5199  
Tarvin Greene (202) 372-3807  
E-mail: [Kenneth.Hill@wdc.usda.gov](mailto:Kenneth.Hill@wdc.usda.gov)  
[Tarvin.T.Greene@uscg.mil](mailto:Tarvin.T.Greene@uscg.mil)  
**Monthly Fee \$220**

Destination: **D.C.**  
Departing: Jefferson, MD, Fire Hall Park & Ride (Rt 340)  
5:00 a.m.; Drops at Smithsonian Metro 6 a.m.,  
L’Enfant 6:05 a.m.  
Return meets at USDA Arch 12th & Indep, SW  
Drive off 3:40 p.m.  
Work Hours: 6:00 a.m. to 3:30 p.m.  
Contact: Ken Hill (202) 720-5199  
E-mail: [Kenneth.Hill@wdc.usda.gov](mailto:Kenneth.Hill@wdc.usda.gov)  
**Monthly Fee \$200**

Destination: **Downtown D.C.**  
Departing: Martinsburg, WV 4:30 a.m.; Charlestown 4:45.  
Stops at 19th & E, 15th & K, 12th & Indep,  
7th & Indep, 500 N. Cap, 12th & Constitution  
Work Hours: 6:15 a.m. - 3:45 p.m.  
Contact: Gregg (304) 671-6620

Destination: **Downtown D.C. SW**  
Departing: 7th St. Frederick Shopping Center 4:40 a.m.  
Stops at Main Treasury, Ronald Reagan,  
South Bldg, 901 D Street 5:25 a.m.  
Work Hours: Departs South Bldg 4 p.m.; arrives Fred 5:15  
Contact: Alice Thaler (301) 898-5521

Destination: **Downtown D.C.,**  
Departing: AM: Frederick, MD 5:20 (Monocacy Station),  
Stops in Clarksburg and Rockville  
arrives James Creek Marina (CGHQ) 6:30  
PM: CGHQ 3:30 p.m.; same stops  
arrives Frederick 5:00 ish  
Work Hours: USCG 6:30 a.m. – 3:30 p.m.  
Contact: John Moynihan (202) 372-3717;  
(301) 371-5478  
E-mail: [John@cowjumpmoon.com](mailto:John@cowjumpmoon.com)  
13 passenger Sprinter van with individual hi-back/reclining  
seats w/armrests. WMATA registered van/accepts Smart  
Benefits. **\$230/month. \$0 out-of-pocket cost for those with  
metro benefits! WMATA registered van/accepts Smart  
Benefits. Courtesy/no obligation “try out” rides available.**

## Washington, D.C.

Destination: **Washington Navy Yard**  
Departing: Sam's Club 5:25 a.m. Urbana P&R 5:35 a.m.  
Work Hours: 6:30 a.m. - 4:00 p.m.  
Contact: Steve Kieffer (301) 712-5692; (202) 781-1301  
[SEKEY4@GMAIL.COM](mailto:SEKEY4@GMAIL.COM)

Destination: **Washington Navy Yard**  
Departing: Sam's Club 5:15 a.m. Urbana P&R 5:25  
Work Hours: 6:30 a.m. - 4:00 p.m.  
Contact: Dave Satterfield (301) 305-2127 (c);  
(202) 781-3647 (w)  
E-mail: [David.Satterfield@navy.mil](mailto:David.Satterfield@navy.mil)

## Northern Virginia

Destination: **Crystal City-Rosslyn**  
Departing: Walkersville 4:55 a.m., Sam’s Club 5:15 a.m.,  
Urbana 5:25 a.m.  
Work Hours: 6:30 a.m. - 4:00 p.m.  
Contact: Raymond Price (703) 605-2890, (301) 845-  
6465  
E-mail: [raymond.price@gsa.gov](mailto:raymond.price@gsa.gov)

Destination: **Crystal City**  
Departing: Urbana 5:20 a.m. sharp  
Work Hours: 6:15 a.m. to 3:45 p.m.  
Contact: Jeff Dawson  
Phone: W: (703) 305-7329 C:(301) 676-5956  
Email: [dawson.jeff@EPA.gov](mailto:dawson.jeff@EPA.gov)

Destination: **Alexandria (Eisenhower Ave.)**  
Departing: Urbana P&R 5:25 a.m.  
Work Hours: 6:30 a.m. - 4:00 p.m.  
Contact: Kery Fries, (571) 272-7757  
E-mail: [kery.fries@uspto.gov](mailto:kery.fries@uspto.gov)

Destination: **Pentagon 6:15 am; Crystal City 6:30 am**  
Departing: 9th Street, Frederick @ 5:10 a.m.; Urbana  
P&R 5:25  
Work Hours: 6:30 a.m. - 4:00 p.m.  
Contact: Scott Robertson, (703) 589-2677 Email:  
[scott.robertson@gsa.gov](mailto:scott.robertson@gsa.gov)

**'POOL REWARDS**  
it pays to rideshare



# Vanpool Openings

## Montgomery County, Maryland

Destination: **NIST (Gaithersburg)**  
Departing: Thurmont Vet Clinic/Boundary Ave. 5:00 am  
Rte 26 Walmart 5:20 am  
Work Hours: 6:00 a.m. - 5:30 p.m.  
Contact: Kathy Ritchie, (301) 975-6999

Destination: **Naval Surface Warfare Ctr, Bethesda**  
Departing: Urbana P&R 5:15 a.m.  
Work Hours: 6:00 a.m. - 3:30 p.m.  
Contact: Ronald Miller (301) 227-2059  
[ronald.w.miller@navy.mil](mailto:ronald.w.miller@navy.mil)

Destination: **Naval Surface Warfare Center, Carderock**  
Departing: Hagerstown P&R 4:45 a.m. Urbana P&R 5:15  
Work Hours: 6:00 a.m. - 3:30 p.m.  
Contact: Charles Kelly, (301) 227-5154  
[charles.m.kelly@navy.mil](mailto:charles.m.kelly@navy.mil)

Destination: **FDA White Oak Campus (Silver Spring)**  
Departing: Urbana Park P&R, 7:00 a.m.  
Work Hours: 8:30 a.m. - 5:00 p.m.  
Contact: Amalia Himaya (301) 796-3391  
Email: [amalia.himaya@fda.hss.gov](mailto:amalia.himaya@fda.hss.gov)

Destination: **NIH**  
Departing: Bottom Dollar Store at New Design/Crestwood,  
Frederick 6 a.m.  
Work Hours: 7:30 a.m. - 4 p.m.  
Contact: Ajay Sharma (301) 594-6977  
[sharmaa@mail.nih.gov](mailto:sharmaa@mail.nih.gov)  
**Subsidized for NIH Employees; once a week driving!**

Destination: **NIH, Bethesda**  
Departing: Trinity UMChurch W. Patrick St., Fred, 5:45 a.m.  
Work Hours: 7a.m. - 4:30 p.m. Depart NIH at 4:30 p.m.  
Contact: Lauren Sikes (301) 496-9714

Destination: **FDA White Oak Campus (Silver Spring)**  
Departing: New Market, Food Lion Parking Lot (near corner  
of Route 75 and 144, 6:45 a.m.)  
Work Hours: 8:00 a.m. - 4:30 p.m.  
Contact: Lauren Iacono-Connors, (301) 796-3383

## What’s New at TransIT?

So many exciting things are happening that we thought we’d catch you up on a few of them.

- TransIT is now on Facebook. Like our page at [www.facebook.com/TransITServicesFrederick](http://www.facebook.com/TransITServicesFrederick). We post links to articles relevant to commuting and transportation, service updates, and special events and programs.
- “The Confident Commuter” is our new blog on the Frederick News Post’s website. At least once a week, usually on Mondays, we post a new submission

related to the wonderful world of transportation. What’s more, we’d love to hear your story about how and why you choose your style of commuting so we can share it with our readers. Email [tsfc@frederickcountymd.gov](mailto:tsfc@frederickcountymd.gov) if you’d like your story to be featured in an upcoming sub-mission.

- We’re sponsoring more community activities and events, including Opening Night at the Frederick Keys (Friday, April 5th) and the Great Frederick Fair (September 14-21)

It’s important to us that we provide you with relevant, up to date information that makes your commute less hectic. If you have ideas for ways we can provide outreach to your colleagues or others in your social circles who commute to work, please share them! We want this to be your newsletter, addressing the issues which matter most to you.

